

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** Northside Life Care Center, Minneapolis

**Contact:** Naomi

**Phone and Email:**

**Goal:** To provide quality prenatal care to women who may otherwise experience barriers to access, and to offer support services both before and after birth

**For the period/quarter:**

| Activity or Service       | Activity or Service Description<br>Major Work Plan Activities  | Work Plan Count | Program Progress and Accomplishments<br>Report the progress and accomplishments made this period on each activity.                              | Report Count |
|---------------------------|--|-----------------|---|--------------|
| Administrative Activities | Managing and administering the Positive Alternatives grant   |                 |   |              |
| Outreach                  | Promoting the Positive Alternative programming   |                 |   |              |
| Case Management Services  | Enroll client in Small Steps and set goals<br>Clients must meet with counselor at least once a month. Most meet twice a month for up to 6 months.<br>Clients receive incentive items for following through | 60              | Clients who are new to this country often lack a good support system and share that they really appreciate having NSLCC fill part of that void. | 111          |

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|--|--|------------------------|---|---------------------|
| <b>Crib Distribution/<br/>Sleep Safety Education</b> | Enroll client in Small Steps<br>Meet individually with clients who complete assignments and assess progress<br>All Small Steps clients complete safe sleep and SIDS curriculum<br>Provide crib or Pack n Play if appropriate                             | 8                      |   | 3                   |
| <b>Education Assistance</b>                          | Enroll client in Small Steps<br>Meet individually with clients who complete assignments and assess progress. Clients who choose education as a goal enroll in ESL,GED, or other educational programs<br>Clients receive incentives for following through | 5                      | A client finished her spring trimester and will continue after her baby is born. She is very ambitious and is studying to be a nurse. | 2                   |
| <b>Employment Assistance</b>                         | Meet individually with clients who complete assignments and assess progress<br>Clients who choose employment as a goal work on resumes and apply for jobs<br>Clients receive incentives for following though   | 6                      | One client who has worked throughout her pregnancies met her goal or working closer to home and daytime hours.                        | 4                   |

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|--------------------------------------|--|------------------------|--|---------------------|
| <b>Life-Skills Education Program</b> | Enroll client in Small Steps<br>Meet individually with clients who complete assignments and assess progress.<br>Clients work on life skills i.e.: budgeting and finances, cleaning and organizing, exercise, nutrition, getting a driver's license<br>Clients receive incentives for following through | 25                     | Clients often choose readings focused on improving their relationships, especially with the fathers of their children. A client in a relationship marked by frequent conflict may find that by implementing new communication techniques the conflict is lessened.   | 13                  |
| <b>Mental Health</b>                 | All prenatal patients receive a mental health assessment at their second OB visit, at 26 weeks and at 36 weeks<br>Referrals are made for those patients needing more in depth mental health counseling   | 15                     | Depression screens.  | 65                  |
| <b>Nutrition</b>                     | All clients with positive pregnancy tests are given prenatal vitamins if they don't already have them<br>Prenatal patients are given prenatal vitamins when indicated  | 20                     | Patients are given prenatal vitamins.  | 50                  |
| <b>Parenting Education</b>           | Enroll client in Small Steps<br>Meet individually with clients who complete assignments and assess progress<br>Clients can choose parenting, discipline, baby care etc. as a goal<br>Clients receive incentives for following through  | 50                     | Clients with challenging children often enjoy and appreciate the practical techniques taught in 123 Magic. While simple and relatively easy to learn it's also effective and empowering to parents who want to be able to set limits in a loving and respectful way. | 106                 |

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|--|--|------------------------|---|---------------------|
| <b>Prenatal Medical Care</b>                       | Nurse midwives provide prenatal care and center staff provides support services to patients  | 25                     | Our medical services are comprised of pregnancy tests, ultrasound and prenatal care.                                      | 149                 |
| <b>Provide Necessary Services to all clients</b>   | Provide intake assessment to determine need.<br>Provide women with information on, referral to and assistance with securing pregnancy support services.<br>Utilize resource database to provide information and make referrals | 60                     | All clients are assessed for necessary services.  | 108                 |
| <b>Provide Necessary Services Assessments Only</b> | Provide intake assessment to determine need.<br>Provide women with information on, referral to and assistance with securing pregnancy support services.<br>Utilize resource database to provide information and make referrals | 20                     | These clients do not participate in a grant funded program.   | 82                  |

| <b>Maternal and Child Health Initiative Task Force Strategies</b>   | <b>No.</b> |
|---|------------|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>                     |            |
| <i>Number of women who received car seat safety education only from a PA funded program activity</i>                              | 7          |
| <i>Number of women who received child abuse prevention education from a PA funded program activity</i>                            |            |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>      | 9          |
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | 4          |
| <i>Number of women who received sleep safety education only from a PA funded program activity</i>                                 | 18         |

**Challenges:** It is difficult to predict what areas clients want to work on. Most clients are choosing parenting skills. Some of these numbers are high because of the carry over from July.

**Comments:**